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CIRF's up **Maintainers** **support Iraqi** **Freedom**

Prescription for success **Technology aids pharmacy**

PLUS: Retraining begins • Customs and courtesies • May Day traditions



JET 48 Vol. 30 No. 17
Friday, May 2, 2003

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AT A GLANCE

4 COMMANDER'S FORUM

- ❖ Attention to detail: Customs and courtesies

7-8 NEWS

- ❖ Protect yourself and your family from SARS
- ❖ Behind the doors of the CIRF shop
- ❖ Voluntary NCO retraining balances AF

11 AROUND THE AIR FORCE

- ❖ Fallen airman returns home
- ❖ RAF Fairford regroups after Operation Iraqi Freedom deployments



U.S. AIR FORCE

12-13 COVER STORY

- ❖ High technology in the pharmacy; robot improves accuracy and customer service



Photo by Maj. Francisco G. Hamm

14 SPORTS

- ❖ RAF Lakenheath High School sports kick into high gear
- ❖ Mission Fitness 2003 events and activities start up

18 DISCOVER BRITAIN

- ❖ May Day traditions and events, including the annual cheese roll

21-22 COMMUNITY

- ❖ Earth Week 2003 wraps up with a community cleanup
- ❖ Spring Fayre is here
- ❖ What's playing? Check out the movie schedules

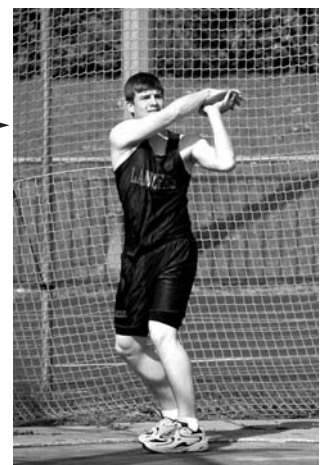


Photo by Maj. Francisco G. Hamm

ON THE COVER

Senior Airman Jamie Davis, 48th Medical Group pharmacy technician, is part of a high-tech team that delivers prescriptions to more than 35,000 beneficiaries annually. Photo by Maj. Francisco G. Hamm. For story, see Pages 12 and 13.

Honoring proud military traditions

BY BRIG. GEN. JOHN T. BRENNAN

48TH FIGHTER WING COMMANDER

As American airmen, we should all be proud of the great Air Force we make up. Watching the liberation of Iraq, we saw, and were part of, the writing of another historic chapter in our Air Force's heritage and one could not help but be proud of the outstanding manner our airmen employed airpower in support of the war. One of the reasons for that outstanding performance was because our troops were properly trained, properly equipped and followed basic military discipline. Whether it was adhering to the Rules of Engagement while airborne, following tech orders in the maintenance of our aircraft, securing our perimeter, or building tent cities, our airmen did it with discipline. One of the ways we instill that basic military discipline so we are ready for war is through the rendering of appropriate military customs and courtesies. But that's not all, we also show pride and honor our heritage by practicing our Air Force's customs and courtesies. These rich traditions are fundamental to how we interact and are key to building pride and esprit de corps within our profession of arms. They are part of the foundation that make us the most respected Air and Space Force in the world.

Unfortunately, as we go about our daily operations, it's sometimes easy to overlook some of these traditions. We get complacent, sloppy or simply don't pay attention to details. Now more than ever, we should look at these customs and courtesies as something special, not a chore. Courtesies such as a rendering a simple salute to an oncoming staff car with an eagle or star on its license plate, or ensuring the ranking servicemember is on your right when walking down the street are not just "requirements" but are key ingredients to preserving our rich heritage. They demonstrate honor and respect for traditions sealed through years of service by warriors who came before us.

As we participate in these rich military traditions, remember, it's not a one-way street. Enlisted personnel must be courteous to officers, and officers are expected to return the courtesy. Enlisted personnel show military courtesy to their officers because they respect the position of responsibility held by that officer. In addition, officers respect their enlisted personnel because they know the responsibility these individuals have in carrying out orders. The bottom line is this basic mutual respect allows us to build and maintain a cohesive Air Force team.

There are many things we do to show pride in each other and ourselves:

- ☐ We comply with grooming standards.
- ☐ We wear our uniforms correctly (sleeves rolled, not pushed up – BDUs bloused, not tucked-in).
- ☐ We stand when approached and addressed by a senior ranking airman.
- ☐ We answer the phone professionally, always identifying ourselves.
- ☐ We use "Sir/Ma'am" and ranks in conversations with superiors rather than first names to show respect.
- ☐ We do these things to celebrate our rich military heritage and honor the service of those whose sacrifices made our Air Force.

Team Liberty takes these customs and courtesies very seriously. In fact, we teach these values to our airmen during their time at the First Term Airmen Center. We also offer a variety of professional development courses including military customs and courtesies at our Professional Development Center. Outside of the classroom I expect each individual, supervisor and commander to reinvigorate these basic military principles in themselves, their subordinates and throughout their organization. We need to do this to preserve our heritage and continue to stress the discipline that separates us from other Air Forces in the world.

Military courtesy is the respect we show to each other as members of the same profession. Remember, the salute might seem simple to perform, but the act is more than just physical; it is a traditional declaration of mutual respect and a sign that we belong to the most disciplined, most capable military in the world.

U.S. Air Force photo

YOUR LINK TO THE COMMANDER

The Action Line is your direct link to me for complaints, suggestions or comments. It's not intended to replace the chain of command. When normal command agency channels haven't been able to resolve your concerns, call 226-2324, fax 226-5637, e-mail (Action.Line@lakenheath.af.mil), send through distribution (48 FW/PA), mail (48FW/PA, Unit 5210 Box 215 APO AE 09461-0215), or hand carry your Action Line to the public affairs office (Building 1085). You may remain anonymous; however, to receive a reply, please leave your name, unit, duty or home phone number, and full APO mailing address. Names are confidential.


48th Fighter Wing commander

As a member of the community who is handicapped, I commend you on recent improvements in access to buildings as

renovations are done. There is still much to do, however. With the commissary undergoing renovations, the entrance and exit have been moved, but not the handicapped parking. The designated slots are now at one of the farthest points from the exit.

I spoke to a manager about the lack of temporary slots and she disclaimed all responsibility, saying it was up to the base commander. While the shoppette parking lot was undergoing renovation, no access for the handicapped was provided. It can be argued that the shoppette and club are not requirements of daily life so therefore temporary provision for access was not needed. The commissary, however, is a necessity of daily life. Please designate temporary handicapped parking slots to

allow access during all phases of the renovation and consider the needs of the handicapped in all future planning.

Thank you for your call and for your suggestion.

Based upon your suggestion, we've tasked the contractor to relocate several handicap spaces to a more convenient access point, nearer to the relocated front entry.

The commissary project will continue until late 2004, so relocation of the handicap spaces is indeed a quality-of-life requirement for the disabled members of our community. On all new facility projects and major renovation projects, we provide handicap spaces per the Americans with Disabilities Act guidance and regulations. Be watching for designated handicap spaces near the commissary entrance very soon!

ACTION LINE

CIRF's up for maintainers

BY MASTER SGT. GREGORY C. ROLFE

48TH COMPONENT MAINTENANCE SQUADRON

Behind the closed doors of some of RAF Lakenheath's largest hangars labors a large and diverse workforce that directly supports deployed aircraft for Operation Iraqi Freedom. A select group of men and women from bases across the world is here supporting U.S. Air Forces in Europe's only F-15 Centralized Intermediate Repair Facility.

CIRF is a relatively new concept in the aircraft maintenance community that streamlines intermediate maintenance support theater-wide. Intermediate maintenance is when a component such as an engine, Low-Altitude Navigation and Targeting Infrared for Night pod or avionics component is removed from the aircraft and sent to a shop for repair. Traditionally, units would take entire shops with them to a deployed location or be forced to send the items back to an overhaul facility, which could often take weeks or months.

The CIRF program gives maintainers a timesaving third option. Deployed CIRF maintainers, partnered with a home station's existing shops, now undertake the responsibility of repairing items for an entire region. As a result, customer wait times are greatly reduced, in most cases taking days instead of weeks. The 48th Component Maintenance Squadron Propulsion and Avionics Flights are the Air Force's test bed for this new concept, which is proving itself as an outstanding improvement to our maintenance capabilities. The 48th Equipment Maintenance Squadron Fabrication Flight also plussed up to help with the increased engine workload, as well as a few supply troops for the 48th Logistics Readiness Squadron.

To the CIRF team, this is more than just another TDY deployment.

"We're helping to improve the way the Air Force does business," said Master Sgt. Clarence Martin, CIRF team leader from Seymour Johnson Air Force Base, N.C. "Our work here allows the warfighter to take off on time, every time."

Senior Master Sgt. Joseph Ross, 48th CMS Propulsion flight chief, said he is impressed at how the program has come together.



Courtesy photo

(From left) Staff Sgt. Nathan Gilroy, Senior Airman Bradley Mustipher, 48th Component Maintenance Squadron, and Airman 1st Class Adam Atkins, 352nd Maintenance Squadron, RAF Mildenhall conduct an operational check on an F-15 radar antenna.

"This is not just a bunch of folks going TDY. This program is the result of a monumental effort on the part of all the maintainers and administrative people already stationed here. Before the CIRF crew ever set foot in the flight, we had to create an entire maintenance complex for them," he said.

Everything from tools, to small computers, to off-duty living arrangements had to be ready in advance so they could hit the ground running. This was all done without compromising the support to the 48th Fighter Wing's mission, Ross said.

The CIRF team and their equipment arrived in small groups over the past few months to keep up with the rapidly increasing workload produced by hundreds of combat sorties downrange. As personnel who left their home station for this assignment, they are proving that the CIRF program is a valuable advancement in the maintenance of our expeditionary forces.

"As I watched the presidential palace in Baghdad going up in smoke on the news, I realized that I helped make this operation happen," said Airman 1st Class Paul Eveland, a CIRF team member from Langley AFB, Va. "It's an incredible feeling to know that what we're doing today is making the world a safer place for tomorrow."

NCO retraining program balances AF needs

WASHINGTON (AFPN) - Some RAF Lakenheath NCOs may be heading back to technical training school soon. The Air Force began the voluntary phase of its fiscal 2003 and 2004 noncommissioned officer retaining programs April 25.

The program is designed to help the Air Force balance its enlisted force by moving NCOs from specialties with surpluses to those with shortages, personnel officials said. It consists of two phases - voluntary and involuntary.

"We begin this program with the clear recognition that people are our most valuable resource," said Chief Master Sgt. of the Air Force Gerald R. Murray. "Retraining will allow us to alleviate stress from those airmen in undermanned specialties, while still giving our people options and choices in the process."

The voluntary phase of the program is scheduled to run through June 6. The involuntary phase, if needed, is scheduled June

20 through Aug. 15.

This year officials seek to retrain approximately 1,400 mid-level NCOs into shortage specialties. The fiscal 2004 program will target approximately 2,000 to 2,500. It is not known how many NCOs will be affected at RAF Lakenheath, said Tech. Sgt. Terrence Gray, 48th Mission Support Squadron NCO in charge of classification and retraining, but at least five people have already contacted him about their retraining options.

Gray said he advises everyone who has been identified by the retraining program to be proactive in their search for a new career. Waiting until the involuntary phase of the program narrows a retraining member's option, he said.

"You're going to be taken out of a job that you may enjoy, and put into one that you may not," he said. "I'd definitely encourage them to come over and talk to us now."

The imbalances in the midlevel-NCO

grades occurred because of personnel force structure changes, differing retention trends among specialties and the equality of promotions across all skills, officials said.

"Ultimately, we need to balance our enlisted force to better meet today's mission requirements and those in the future," Murray said. "The retraining program will help us do that."

Vulnerability listings by grade and Air Force specialty code will be updated weekly. Airmen at risk for involuntary retraining may access their relative standing on the Air Force Personnel Center's Web site at www.afpc.randolph.af.mil/enlskills/Retraining/retraining.htm.

Gray said one alternative to retraining is accepting a special-duty assignment such as recruiting, military training instructor, first sergeant duty or professional military education instructor.

SARS RISK A REALITY

As people may have heard from recent news reports, health officials are dealing with an epidemic of respiratory illness known as Severe Acute Respiratory Syndrome. Thought to be caused by a previously unknown virus, the illness first appeared in Southeast Asia and primarily involved health care workers caring for SARS patients and close family contacts.

Although there have been suspected SARS cases reported in the United Kingdom, the SARS risk to RAF Lakenheath members is low. Unless they have been in contact with people who are ill or have recently traveled to affected areas such as China, Vietnam or Singapore, the chance of contracting this disease is extremely low.

However, to be on the safe side and to ensure Liberty Warriors stay healthy, the 48th Medical Group staff wants to ensure people are not at increased risk. If any of the following conditions or symptoms apply, people should inform medical authorities immediately:

☐ In the last 10 days you have had close or direct contact with any person(s) with SARS.

☐ In the last 10 days you have had close or direct contact with any person(s) with a respiratory illness who has traveled to Asia.

☐ In the last 30 days you have traveled to countries in Asia such as China, Vietnam or Singapore.

☐ You currently have a high fever and cough, shortness of breath or difficulty breathing.

As with other respiratory illnesses, good hygiene and frequent hand washing help to prevent disease transmission. Should a person develop a fever and cough or other respiratory symptoms following travel to an affected region, or have close contact with a SARS patient, contact your health care provider immediately.



Photo courtesy of the 48th Fighter Wing History Office

50 years of news

The 48th Air Police Squadron redesignated on May 1, 1967, to the 48th Security Police Squadron. In 1997, the squadron's name changed again to the 48th Security Forces Squadron. Originally activated on July 10, 1952, the 48th Security Forces Squadron is one of the Air Force's most decorated support units.

Liberty Warrior

Hometown: Watertown, Tenn.

Time in service: Three years, 10 months

Time on station: Three months

Role in mission: I provide customer support and act as a liaison with the military personnel flight for 380 active-duty and several TDY Guard and Reserve people regarding personnel issues and ensure program compliance within the unit.

Hobbies: Softball, traveling and movies

How do you contribute to the wing mission? By managing career-impacting programs to allow maintainers to focus 100 percent on their mission of putting jets in the air, knowing their personnel issues are being taken care of

What does the Air and Space Expeditionary Force concept mean to you? Completing the mission, being ready when called upon and providing essential service to America, and the idea of freedom throughout the world

If you could change one thing about the Air Force, what would it be? In some career fields, airmen have limited choices of base and assignment. Make it easier to apply for and perform special duties for airmen in this situation, as well as provide a short break from their current career field.

What do you like most about being in the United Kingdom? I spend most weekends with my relatives who live in Grays, Essex, near London. They act as tour guides to the most exciting place on Earth.

How would you improve life at RAF Lakenheath? Furniture seems to be a hot item. RAF Lakenheath should put a quality furniture store here that has better rates than RAF Feltwell.

What's the most exciting experience you've had in the Air Force? Shaking hands with President George W. Bush, First Lady Laura Bush and Secretary of State Colin Powell at Osan Air Base, South Korea, April 2001, and Gen. John Jumper at Kunsan AB, South Korea, the same year.

What is your philosophy of life and why? Dance like no one's watching. Don't fear your surroundings.



Senior Airman
Kevin R. Soucy
48th Component
Maintenance Squadron

Air Force forward-operating base scales down

BY TECH. SGT. JASON TUDOR

457TH AIR EXPEDITIONARY GROUP PUBLIC AFFAIRS

ROYAL AIR FORCE FAIRFORD, England — From February to April, RAF Fairford became an anonymous “forward-deployed location” for B-52s that flew 120 missions over Iraq.

By most, it is called a “turnkey” operation. The Department of Defense turns a figurative “key,” and a 9,997-foot runway, more than \$90 million in renovations and a multitude of resources come to life. All of it sat idle since Operation Allied Force four years before, managed by the 424th Air Base Squadron.

“I liked to call this place ‘Mayberry, RAF,’” said Tech. Sgt. Jim Calbert, the air base squadron’s unit training manager who arrived just as Allied Force ended. “It’s so close and everybody knows everybody else. It was also very, very quiet.”

Less than three weeks later, the place teemed with more than 1,200 airmen from bases around the globe and enough bomber firepower to obliterate 100 regimes.

Lodging filled 63 rooms, some living four to a room. Contingency dormitories held 20 to a bay. Trailers slept 12 to a unit. Some slept in a hangar on cots and few complained about their digs given other places they could have landed.

Meanwhile, blue buses ran 24-hours, keeping the workers moving. The dining hall served an average of 1,916 meals every day. The base exchange extended its hours and hundreds of new arrivals could be seen walking at all hours wearing reflective belts.

A big part of the phenomenon that transformed RAF Fairford from peacetime stronghold into a wartime bomber group was money, and Tech. Sgt. Mike Hogan was the shylock with the credit card.

As a contracting specialist, Hogan and one other NCO bought everything needed from a \$600,000 closed-circuit television system to \$7 videotapes. When he added up all 535 receipts, Hogan had spent more than \$3.5 million during the contingency.

“When everything is a priority you have to prioritize the priorities,” Hogan said.

As Hogan paid the bills, the base itself was under siege. Protesters lined up early and often.



Photo by Tech. Sgt. Adam Johnston

Final flight

OPERATION ENDURING FREEDOM (AFPN) — Master Sgt. Jerry Deyoe of the 682nd Air Support Operations Squadron leads a group of airmen carrying flag-draped transfer case to a C-130 Hercules at Bagram Air Base, Afghanistan, Saturday. Airman 1st Class Raymond Losano was killed April 25 during a firefight in Afghanistan near the Pakistan border. Losano, 24, was a tactical air command and control specialist assigned to the 14th Air Support Operations Squadron at Pope Air Force Base, N.C.

Some dared to climb the fence, barge through the front gates and violate British law to get in. Led most notably by a group called the Gloucestershire Weapons Inspectors — which had neither weapons nor official inspectors of any kind — they charged into the breach.

The police forces swelled to more than 300. Local, military and a contingent of Nepalese Gurkhas lined the fences. A Blackhawk helicopter equipped with secret sensors and detection equipment kept watch from above. Other less detectable and more secret measures also pulsed on. Some had nicknamed the place “Fortress Fairford.”

Senior Airman André May, one of the young cops assigned to watch the fenceline, summed it up more directly.

“We’re determined to not allow anyone who hops the fence anywhere near our aircraft,” May said. “If someone does get through, we’re all over them.”

At the height of the protest hysteria Feb. 21, security outnumbered protesters by nearly two to one. More than 20,000 anti-war demonstrators were expected that day. Just 600 showed. About 1,100 guardians behind a locked gate waited as much of the protest energy flowed to London, instead.

Eight bombers streaking off on the early morning hours of March 21 signaled the moment RAF Fairford entered the war. During 33 days of round-the-clock operations, more than 2,700 bombs and cruise missiles streamed in from local storehouses and were loaded onto

457th Air Expeditionary Group B-52 bomb racks for delivery somewhere over Iraq.

At its apex for Operation Iraqi Freedom, RAF Fairford closely mirrored what it had done for Operation Allied Force four years before. In both cases, B-52s were part of the initial strike package, more than 120 missions were flown, and more than 1,000 airmen called RAF Fairford home.

By April 17, the Marines had rolled into Baghdad and ground forces had taken most of the country. RAF Fairford bombers still flew one or two missions each day, but they were coming home with their bomb racks full.

Less sorties meant less work. Less work meant more interest in the one question simmering on everyone’s lips: when are we going home?

The answer came April 23 when the 457th Air Expeditionary Group’s redeployment orders were signed.

Three days later, following a visit by a Congressional delegation, the bombers flew home. In about five days time, RAF Fairford contracted from more than 1,000 to less than 200 people.

Calbert reflected on how he and his RAF Fairford teammates handled the sudden rush.

“That’s why our squadron patch motto says ‘Always Ready,’” he said, tugging at the left pocket of his battle-dress uniform blouse. “That’s why we’re here.”

(Courtesy U.S. Air Forces in Europe News Service)

Your neighborhood pharmacy...

service with a smile

Story and photos

By Maj. Francisco G. Hamm

48th Fighter Wing Public Affairs

Averaging 200 patients a day, the 48th Medical Group Pharmacy is more than just your neighborhood pharmacy. It's a beacon of care for more than 35,000 beneficiaries who seek care annually at one of the most technologically advanced medical facilities in the U.S. Air Forces in Europe.

"We offer a lot of comprehensive services here that you wouldn't find throughout USAFE," said Senior Master Sgt. Randy King, 48th MDG Pharmacy superintendent.

The pharmacy provides top quality products quickly and at the lowest cost per prescription to the Air Force. One way they provide this service is by leveraging technology.

"We were the first (Air Force) pharmacy outside the United States to incorporate automation into our dispensing process," said King, describing one of unit's newest high-tech team members.

The pharmacy robot, affectionally known as Ethel, streamlined the prescription process by using bar code technology, improved patient safety and increased accountability.

"Ethel helped us get our error rate to an incredible 99.9 percent accuracy by bar coding every prescription to ensure accuracy," said King. The \$250,000 system was installed in April 2000.

"It was put in as an efficiency and safety measure," said Capt. Barbara Hoeben, chief of pharmacy services.

"Since its installation in April 2000, the pharmacy has had no errors with the items contained in the robot."

"It's the first of it's kind in USAFE and it dispenses the pharmacy's top 200 tablets and capsules, which is about 75 percent of the daily volume," said Hoeben.

Even with all the technology, human interaction is still crucial to the success of the pharmacy according to Lt.

Col. David Meade, pharmacy flight commander.

"We want our patients to feel comfortable and understand how to use the prescribed medication," said Meade. "We encourage our patients to communicate with us and ask questions about their prescriptions."

The pharmacy also added electronic dispensing checkpoints, ensuring the right medication gets to the right patient every time, and added an electronic message board giving real time drug pick-up information, which was lauded by patients for convenience.

Averaging 156,000 filled prescriptions per year, 200 patients per day and more than 290 inpatient orders per day, the pharmacy is a bustling place.

Selected as USAFE's 2002 pharmacy of the year, it not only handles the RAF Lakenheath and RAF Mildenhall population, but also administers to seven geographically separated units in the United Kingdom and Norway.

Need pills to go? The pharmacy also supplied pharmaceutical care for 48th FW participation in Air and Space Expeditionary Force 3 and 4 rotations and to the 100th Air Refueling Wing's participation in AEF 5 and 6, overseeing deployment of 1,200 members from both bases.

Like everyone else in the Air Force, they are also mobility-ready and often deploy. In the past year, the

pharmacy deployed technicians and pharmacists to Southwest Asia, supported 3,000 personnel at three locations, and to Uganda for a joint NATO-Joint Task Force mission.

"It was an incredible experience," said Hoeben, who was selected to go on the trip to Africa to participate in a medical exercise. "They were very grateful and appreciative to see us."

Hoeben, selected as USAFE's 2002 clinical pharmacist of the year, spent two weeks winning the hearts and minds of the local population in Uganda and distributed medications to 3,000 patients. Besides having to gain her patients' trust, she said her biggest challenge was language.

Whether deployed or at home, the pharmacy is a crucial component of the healthcare process.

"Our role is to provide a safe prescription benefit to our patients and to be a source of information regarding various drugs and medicine," said King.

Senior Airman Jamie Davis, currently assigned to the 48th MDG and selected as 2002 Air Mobility Command's pharmacy technician of the year, agreed.

"At the end of the day, I go home and know that patients have received the medication that will hopefully make them better," she said.



(Above) Airman 1st Class Natasha Brown, pharmacy technician, dispenses a prescription to a customer at the 48th Medical Group Pharmacy. (Below) Senior Airman Arnaldo Figueroa, USAFE's 2002 pharmacy technician of the year, examines one of the 156,000 annual prescriptions dispensed at the pharmacy.



Tech. Sgt. Shawn Sill, outpatient pharmacy NCO in charge, works with the automated drug delivery system, affectionately known as Ethel, which has increased the prescription accuracy rate to 99.9 percent, surpassing the U.S. national average of 98 percent.



High School Sports

Boy's and Girl's Soccer

Saturday

Home game vs. Heidelberg

Junior Varsity at 11 a.m.

Varsity at 12:30 p.m.

Both teams are undefeated

Softball

Saturday

Home vs. Kaiserslauten

Junior Varsity at 10 a.m.

Varsity at 12:30 p.m.



Photo by Maj. Francisco G. Hamm

Anticipation

Jean Horan prepares to pass off the baton to anchor leg, Trinity Bursey, during a 4 x 100 meter relay event during a track meet in Corby, England. Saturday. The boys' and girls' Lancers came in second place in team scoring. Their next meet is Saturday in Shape, Belgium.

TRAINING 101

Exercise: Pilates, one leg stretch, modified.

Muscles: Core Muscles: Transverse abdominis, pelvic floor, multifidus, intertransversarius, erector spinae; Latisimusdorsi

Position: Supine with knees bent and feet flat, lengthen spine, thoracic breathing, latisimusdorsi engaged "soft V" in neutral spine. Focus on TA or PF contraction approximately 30 percent.

Movement: Maintain the neutral posture and elevate one leg on exhalation. Extend the leg until knees are level and the leg is bent at approximately 45 degrees. Exhale. Return to start position and inhale. Repeat five to 10 times on each leg. The challenge is stabilizing the pelvis and neutral spine by the movement of the leg.



Photos by Senior Airman Lynne Neveu

Mission Fitness 2003

events

Today

11:30 a.m. to 1 p.m., Runners workshop

Saturday

10 a.m., Annual 5K fun run/walk

May 9

11:30 a.m., Weight training clinic

May 10

9:30 to 10:45 a.m., Salsa Aerobics

May 17

Match play golf championship

Wednesdays

5:30 p.m., Golf scramble

Saturdays

10 p.m., Cosmic Bowling

SPORTS SHORTS

Salsa aerobics

The fitness center offers a salsa aerobics master class from 9:30 to 10:45 a.m. May 10 at the fitness center. Participants earn points for May Fitness if they get their card stamped.

Certified lifeguards needed

The 48th Services Squadron requires lifeguards age 16 years and older to work flexible schedules. Requirements include national certification in lifesaving and water rescue methods, cardiopulmonary resuscitation for the professional rescuer and basic first aid training.

Men's softball

☐ The RAF Lakenheath Men's Softball team hosts an intramural softball tournament May 10 to 11 at the softball fields behind the commissary. The top three places will be awarded.

☐ The RAF Lakenheath Men's Softball team conducts tryouts at 5 p.m. May 9 at the high school softball fields.

Golf specials

☐ Breckland Pines offers a two-man scramble at 5:30 p.m. Wednesdays. The cost is

\$5 per player or \$10 per two-man team. Prizes awarded for net score and first place gross score.

☐ Family Tees is offered at 4 p.m. Sundays at Breckland Pines Golf Course. Half price greens fee to play yellow-colored tee markers until closing. Players must have at least one adult and one child to qualify.

Sports physicals

The 48th Medical Group offers school sports physicals from 3:30 to 5 p.m. May 21 and 22 at the family practice clinic.

Honor and respect: Our military traditions

BY MASTER SGT. GREG HENNEMAN

48TH FIGHTER WING HISTORIAN

Serving in the military has always been a special privilege. As members of the U.S. Air Force, we have a rich heritage that has been passed from one generation to the next.

From the uniform that we wear to the respect we show to each other, almost every aspect of military life is rooted in tradition and history.

The first duty of every airman is to learn his or her heritage and know how to incorporate the practice of serving as a proud military member into daily life.

Can you imagine walking up to a chief master sergeant and saying, "Good morning, Jim?" Of course not. Most of us would respond we thought the chief's first name was Chief.

However, it is important to realize that every person in the military, from the newest airman to the four-star general, has earned a title of respect.

Of all the titles used in the U.S. military, airman is one of the newest. Adopted in 1952, the Air Force bestowed this honorary term airman on the lowest ranks. The word airman dates back to the World War II sacrifices of B-17 bomber crews, many of whom gave their lives flying from bases here in East Anglia.

Like many of our military traditions, the moniker sergeant came from the British military. The word itself is the Latin term for servant. While the British have used the word since the 13th century, sergeants served at the



Photo by Airman Christopher Walkenhorst

Rendering a sharp salute to oncoming staff vehicles is a reflection of Air Force history and traditions.

core of American military service since the U.S. Army and Marine Corps adopted the term in 1775.

Likewise, officer titles have important origins. The French word lieutenant literally means "placeholder," as the lieutenant traditionally stood in place for senior officers. Captains served as the head of units numbering from 100 to 200 people. Another Latin term, major, literally means greater.

Colonel has roots from Spain and France, which is why the title is spelled different than it sounds. When the British adopted the term, they used the French spelling, but kept the Spanish pronunciation.

General indicates the senior combat commander of a large war-fighting unit. The Latin term generalis means pertaining to a

whole unit. Appropriately, in 1775, Gen. George Washington became the first person in the United States to receive this most prestigious title.

In addition to recognizing other military members by title, various forms of saluting existed since the Middle Ages. Knights once raised their visors to identify themselves as friends. In days when assassination by the dagger was common, raising the hand to show it was empty became necessary.

In Victorian England, the practice of the hand salute replaced the constant lifting of head gear as a sign of respect. No matter what the origin, saluting signifies respect for each other and our long military heritage.

When walking, the practice of giving the senior person the position of honor to the right is also based in military tradition. Legend states that the position of honor originated during medieval times, when knights fought with the sword in their right hand. Since the left arm held a shield for defense, the right side, or fighting side, became the position of honor.

Customs and courtesies are not just something we do because our basic training instructor forced the practices upon us. They have developed over centuries and are a testament to our own cultural heritage.

Our continued use not only shows the respect we have for each other, but also honors the service of those who came before us, many who paid the ultimate sacrifice for our freedoms.

Nurses, technicians: Lifting spirits, touching lives

BY 2ND LT. REBECCA CHAMBERLIN

48TH MEDICAL OPERATIONS SQUADRON

If you are anything like me, you always feel like it is time for your annual evaluation. After many months, and many drafts, the commander finally puts his or her seal of approval on last year's final product when your boss tells you it's once again time to start submitting bullets for yet another rating.

This supposed scenario became a reality for me last week. But as I started to review the things I had done for the year, I considered how different my rating must look from most other officers my age. I am not the logistician who saves the Air Force millions of dollars, or the mechanic who fixes planes. I am a nurse, I help to save lives and fix bodies.

I reviewed several patient cases from the last year, searching for exciting and dramatic events that would make my officer performance report look impressive: I was the first one to respond to heart attack victim; I stabilized a patient who was bleeding uncontrollably; or I revived a man who unexpectedly collapsed ... Although I was able to find these few, my mind kept coming back to the less emergent cases, the cases where I had a chance to touch someone's life.

I still remember a young woman who was admitted to the hospital following a serious car accident. Overcome with severe pain, she could not walk, stand, or even sit for several weeks. Simple tasks such

as bathing, eating and going to the bathroom were a struggle. By week three, this young woman became discouraged. She was confined to a bed and had nothing to stare at but a plain, white sterile hospital room. Television had become boring and she longed to do the things she was used to doing. Finally, one day, a medical technician suggested we take her on a field trip outside the hospital. Her demeanor immediately changed. Excited, she applied makeup, put on "real clothes" and got a camera ready for her outing. We piled several blankets on the bed as her husband and child went to get ice cream.

After rolling her bed down long corridors we finally reached the sunlight, something I realized I had taken for granted. We parked her bed by a bench and I watched at a distance as she enjoyed the day with her husband and child. I will never forget what a difference this one gesture made in her life.

Often, people ask me what nurses and medical technicians do. My OPR helped me realize our work is a lot more than just the normal day-to-day tasks such as taking vitals signs and getting patients out of bed.

The 48th Medical Group will be honoring nurses and medical technicians for their numerous contributions to patient care Tuesday to May 12. This year's theme is "Lifting Spirits, Touching Lives." Take the time to thank your nurse or technician for providing the care that, time and again, heals the minds and bodies of soldiers and their families.



Discover Britain

By Sal Davidson – Community Relations Adviser



May Day traditions

Next week sees a bank holiday which we call May Day. In bygone days this had much more significance than it is afforded today. May Day is seen as the day which marks the reappearance of flowers during spring. In many school playgrounds, children will dance a traditional dance around the maypole.

History

It is thought that May Day festivals probably stem from the rites practised in honour of Flora, the Roman goddess of spring. Festivals have been celebrated for centuries among the Latin and Germanic peoples.

The maypole

The May Day tradition of dancing around the maypole is apparently not that old, having been introduced to England during Victorian times. It was the famous actor and art critic John Ruskin who taught the Maypole dance to a group of women at a teacher training college in London. They then went on to spread the European invention to schools across the country. There is a definite pattern to the way the children dance around the maypole. By the end of the dance, the garlands end up wrapped around the pole like a plait.

In earlier times, maypoles were normally trees that were decorated at the beginning of the month to celebrate the beginning of spring. They were decorated and were more or less permanent features. Revelry took place around the poles and probably included Morris dancing.

Customs

In Puritan times, the maypoles were chopped down and destroyed, and all May Day customs were banned by the Puritans because they disapproved of pagan rites. They also declared weddings to be civil ceremonies so people could not get married in church. Some of the traditions were resurrected after the Restoration.

One such tradition was the Padstow 'Obby 'Oss (hobby horse). Padstow is a town in Cornwall in the Southwest of England. Celebrations start at midnight with the singing of the May Song. At about 10:30 a.m. on May Day, the 'Obby 'Oss – a man in a large, black, full-

skirted frame with a tail and the head of a horse – is taken into the street amongst a cheering crowd. He is accompanied by the Teaser and other strangely dressed characters. The 'Obby 'Oss dances through the streets during the day, "dying" and coming back to life now and then. Singing and dancing through the gaily decorated old town continues for the whole day and into the evening. Some say the 'Oss recalls an



Courtesy photos

Traditional dance around the maypole

occasion in the 14th century when French raiders were frightened off by a hobby horse in the harbour entrance. Over the years the story became entangled with traditional May rites.

Another event is the May Morning Ceremony that takes place in Oxford. Starting at 6 a.m. on May Morning, the choirs of the college sing traditional carols from the top of Magdalene College Tower. After the singing, Morris dancers dance in procession through the streets of Oxford and the pubs are open to serve breakfast.

Riding the Bounds takes place in Berwick-on-Tweed in Northumberland on May Day. This ancient and colourful ceremony starts from the Parade. First comes the mayor's party, then the mounted riders followed by those on foot who walk the 10 miles around the town boundaries. It

is of special significance to Berwick as part of the boundary borders Scotland. This ceremony has continued without a break since the reign of Henry VIII (1509-1547).

Other activities include Suffolk May Day Divinations during which you found out who you were going to marry. Young hopefuls sat in front of mirrors at midnight brushing their hair 100 times. The image of their future spouse was supposed to appear in the glass.

It was also believed that giving your face an early morning wash in dew on May Day would help the complexion. In the community, May is the month many towns and villages hold carnivals, festivals and other events. Two of the larger events are:

The Norfolk Festival in Norwich takes place Wednesday to May 10 and includes comedy, circus, dance, literature, visual art, children's events and jazz, big band, choirs, orchestras and chamber music. Call (01603) 766400 or visit www.n-joy.org.uk

Bury St. Edmunds Festival is May 9 to 25. The Opening Night Celebrations on the evening of May 9 are on Angel Hill at 6:30 p.m. and includes a Beating Retreat. The event is free. For details of other events and dates call (01284) 757630 or visit www.buryfestival.co.uk

Strange event at the end of May

Of all of Britain's weird and wonderful customs, the Cooper's Hill Cheese-Rolling Race May 26 is among the strangest, and the most spectacular.

Large crowds gather to participate in the event where they hurtle themselves down a 200-yard near-vertical slope in pursuit of a 7-pound Double Gloucester cheese!

It has occurred for at least the last 200 years, some believe for many centuries more. It is presided over by a master of ceremonies who wears a traditional white overall, old be-ribboned top hat and a large floral buttonhole.

The cheese is released, and after the count the competitors launch themselves in pursuit of the rolling cheese.

The sheer degree of the hill's incline means that many competitors fall and each year sees numerous injuries such as bruises and broken limbs. For some reason this does not seem to deter people, and many return to compete year after year! (www.cheese-rolling.co.uk)

For more information on living in Britain, look in the British community information public folder, or call Sal Davidson, community relations adviser, at 226-3145, or e-mail sal.davidson@lakenheath.af.mil.



Briefs

SATO closure

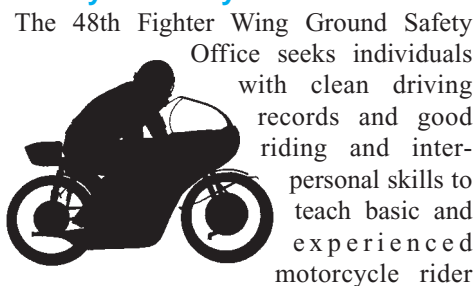
SATO closes Tuesday to relocate to the new consolidated support complex. The office will reopen Wednesday at the complex. For emergency service, call vehicle dispatch

Modified child-care hours

❑ The RAF Lakenheath Before and After School Care Program is available from 6:30 a.m. to 6 p.m. Family Child Care Extended Duty Care is available for duty-related child-care needs.

❑ Family Child-Care program offers hourly child care weekdays, weekends and evenings.

Motorcycle safety instructors



The 48th Fighter Wing Ground Safety Office seeks individuals with clean driving records and good riding and interpersonal skills to teach basic and experienced motorcycle rider courses. A tentative date is scheduled for mid June. Sign-up deadline is May 15.

Logistics warehouse closure

Warehouse 1035, Location 01A, is closed to supply issues from May 9 through 30 for maintenance. Wing customers are asked to order 01A-stocked office supplies and Government Supply Agency items by Thursday. Emergency issues will not be offered. To find out if a supply item is stocked at this location visit <https://48lrs-s1/supweb>, pull down the inquiry page and fill in the National Stock Number/Nomenclature field.



Photos by Senior Airman Lynne Neveu

Cleaning up the Warren

Above left: (Left) Jacob Gomez, 6, and Christopher Gomez, 4, take part in the Lakenheath Warren cleanup Saturday. **Above right:** Corey Allen, 48th Medical Support Squadron systems administrator, and Staff Sgt. Jennifer Tilstra, public health journeyman with the 48th Aerospace Medicine Squadron, pick up debris along the RAF Lakenheath fence line Saturday during the Lakenheath Warren cleanup. During Earth Week 2003, volunteers read to children, provided tours of the recycling and water treatment facilities and participated in clean up projects.

BX lost and found

The RAF Lakenheath Base Exchange has a lost and found that includes checkbooks, keys, clothing, jewelry, military ID cards, ration cards and drivers' licenses.

Officer recruiter

The U.S. Air Force Officer Corps recruiting team visits May 12 and 13 at the RAF Mildenhall Professional Development Center, Building 213. A briefing occurs at 10 a.m. May 12 for individuals with a non-technical degree. The Officer Corps is open to all U.S. citizens who hold a baccalaureate degree.

Events

RAF Mildenhall OCSC bazaar

❑ The RAF Mildenhall Officers' and Civilians' Spouses Club holds a bazaar today from noon to 8 p.m. and Saturday from 10 a.m. to 6 p.m. at Middleton Hall, RAF Mildenhall.

Proceeds benefit local schools, Cub Scouts, the East Anglia Children's Hospital, Mildenhall Heart Link, Lancer Round Table and others. Items from around the world are offered.

❑ Volunteers are needed to assist vendors with sales recording. Hourly shifts are available.

OCSC lunch

The RAF Lakenheath Officers' and Civilians' Spouses Club offers an Italian lunch at 10:30 a.m. May 10 in the Eagles' Landing ballroom. Cost is \$10 per person. Sign-up deadline is Monday.

Youth

Homeschool fair

The Learning in a Family Environment homeschool group hosts a used curriculum fair 5:30 to 8:30 p.m. Monday at the Church of Christ in Brandon.

Anglia Girl Scouts co-chair

The Girl Scouts of the United States of America overseas committee seeks a volunteer for a one-year term as the Anglia Girl Scouts co-chairman position starting June 1. The Anglia Girl Scouts have as many as 300 girls and 100 adults. Training is provided.

*SPRING FAYRE
NOON TO 4 P.M.
SATURDAY AT
THE COMMUNITY
CENTER*

Feltwell Elementary mentors

Mentors are needed to work with Feltwell Elementary School students for 30 to 45 minutes per week. Students are referred by the teachers for social and academic reasons.

Classes

Family support center

The family support center offers the following classes:

Monday

11 a.m. – Mandatory pre-separation briefing

Tuesday

1:30 p.m. – Working in the United Kingdom

6 p.m. – Key spouse meeting

Wednesday

10 a.m. – Sponsor training

6 p.m. – Bereavement support group

Thursday

2 p.m. – U.S. home buying

May 9

8:45 a.m. – Newcomers' bus tour

University of Maryland

The University of Maryland European Division offers online registration and coursework for students here.

Parenting classes

Family advocacy offers a five-week parenting class from noon to 1 p.m. Tuesdays for parents of children ages 7 to 12 years, and noon to 1 p.m. Wednesdays for parents of teenagers at the youth center. Registration is requested.



Courtesy photo

It's all in the can ...

Students at the Lakenheath Elementary School display their prizes after weighing their collection of cans Friday. In celebration of Earth Week, students collected 239 pounds of aluminum cans during the contest. Class totals are as follows:

Ms. Langsten - 69 pounds

Ms. Bainbridge - 52 pounds

Ms. Vagasky - 45 pounds

Ms. Iwanicki - 37 pounds

Ms. Cabret - 25 pounds

Ms. Lewis - 11 pounds

MOVIES

RAF Lakenheath 226-2139

Today

6:30 p.m., **Malibu's Most Wanted**, PG starring Jamie Kennedy, Ryan O'Neal and Taye Diggs. The story of Brad Gluckman, a wannabe rap star from Malibu who acts and talks like he's from the hood. Concerned that his son is going to embarrass him during his campaign to become the governor of California, Brad's wealthy father and his campaign manager hire two Juilliard-trained actors to disguise themselves as real life gangsters. They kidnap his son, dropping him off in the real hood in an effort to scare the street attitude and behavior out of him.



9:30 p.m., **Anger Management**, PG-13, starring Adam Sandler and Jack Nicholson. A mild-mannered businessman is wrongly accused of a crime and sentenced to an anger management program. He discovers that his instructor is a crazy psycho with his own serious anger management problem and is probably the one man in the world most capable of making his new student blow his lid.

Saturday

4 p.m., **Kangaroo Jack**, PG, starring Jerry O'Connell and Anthony Anderson. Two friends from Brooklyn, N.Y. are forced to deliver mob money to Australia. When one of them places his red jacket on a kangaroo and the kangaroo bounces off, they realize the mob money is in the jacket and are forced to give chase through the Outback.

6:30 p.m., **Anger Management**, PG-13

9:30 p.m., **The Recruit**, PG-13, starring Al Pacino and Colin Farrell. Set at the secret CIA training facility in Virginia, called the Farm at Camp Peary, a young agent trainee suspects his instructor of being a double agent for the Chinese government.

Sunday

3:30 p.m., **Shanghai Knights**, PG-13, starring Jackie Chan and Owen Wilson. Chon Wang and Roy O'Bannon head to London after Chon's estranged father is murdered by a Chinese rebel. Chon's sister, Lin, also arrives and uncovers a plot to murder the royal family.

6:30 p.m., **Anger Management**, PG-13

Monday 6:30 p.m., **About Schmidt**, R, starring Jack Nicholson and Hope Davis. Warren has arrived at several of life's crossroads all at the same time. He is retiring, his only daughter is about to marry, and his wife dies suddenly after 42 years of marriage. He is desperate to find something meaningful in his thoroughly unimpressive life.

Tuesday 6:30 p.m., **Shanghai Knights**, PG-13

Wednesday 6:30 p.m., **Anger Management**, PG-13

Thursday 6:30 p.m., **About Schmidt**, R



RAF Mildenhall 238-2351

Today

6:30 p.m., **How To Lose A Guy in 10 Days**, PG-13, starring Kate Hudson and Matthew McConaughey. Andie is on a mission to find a guy, get him to fall in love with her, then make all the classic dating mistakes so he'll dump her within 10 days. Too bad her target is Benjamin, who has just made a high-stakes bet with his boss that he can make a woman fall in love with him in 10 days.



9:30 p.m., **Dark Blue**, R, starring Kurt Russell and Scott Speedman. Veteran Officer Perry and rookie Officer Keough of the elite Special Investigations Squad investigate a high-profile homicide. Perry is feared on the streets and Keough soon learns that cops aren't above the law, but sometimes they operate outside it.

Saturday

6:30 p.m., **Malibu's Most Wanted**, PG

9:30 p.m., **Dark Blue**, R

Sunday

6:30 p.m., **Malibu's Most Wanted**, PG

Monday

6:30 p.m., **Dark Blue**, R

Tuesday

6:30 p.m., **How To Lose A Guy in 10 Days**, PG-13

Wednesday

6:30 p.m., **Malibu's Most Wanted**, PG

Thursday

6:30 p.m., **Malibu's Most Wanted**, PG